

# Man Up For Your Health!

## Healthy Men Carry Our Communities Forward

*Closing the Gap: Eliminating Racial and Ethnic Health Disparities • Office of Minority Health*

The leading causes of death for Native Americans living in South Carolina (2006) were from heart disease, cancer, unintentional injuries, stroke, homicide and respiratory diseases. Many of these diseases can be prevented, treated or cured if detected early. We encourage you to take charge of your health. Be Aware, Get Educated and Take Action! The choices you make today can make a difference in your health for a lifetime.

### BE AWARE

- Poor diet and a sedentary lifestyle can contribute to obesity, diabetes, and heart disease.
- Recognize how dangerous behaviors such as smoking can lead to higher levels of cancer and engaging in unprotected sex can increase the risk of HIV/AIDS and other sexually transmitted diseases.

### GET EDUCATED

- Seek the advice of a healthcare professional at least once a year.
- Locate and use services and resources offered in your area.
- Learn your family history and pass it on.

### TAKE ACTION

- Eat a diet rich in fruits, vegetables, whole grains, and lean protein.
- Limit salt in your diet.
- Avoid sugar and saturated fats.
- Get at least 30 minutes of physical activity daily.
- STOP smoking and other tobacco use.  
No amount of tobacco is safe.
- Get a flu shot annually.
- Limit alcohol use. Never drink and drive!
- Know your and your partner's HIV and STD status.  
**Protect Yourself!**
- Schedule an appointment with your health care provider today.



### RECOMMENDED SCREENING

Your health care provider may recommend screening earlier based on your health /family history.

- Prostate screening at age 40
- Diabetes screening at age 45
- Colonoscopy at age 45
- Periodic testing for HIV and STDs

### RESOURCES

**Centers for Disease Control and Prevention**, [www.cdc.gov](http://www.cdc.gov)

**National Institute of Health**, [www.nih.gov](http://www.nih.gov)

**Department of Health and Human Services**, [www.dhhs.gov](http://www.dhhs.gov)

**SC Tobacco Quitline**, 1-800-QUIT-NOW (784-8669)

**SC AIDS Hotline**, 1-800-322-AIDS (322-2437)



South Carolina Department of Health and Environmental Control  
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[www.scdhec.gov](http://www.scdhec.gov)